

## Abstract

Disclosed is a disposable ear plug for protecting a user's ears from noise. The disposable ear plug which includes a disposable soundproofing sheet (10) including a base sheet (15) such as a crumplable paper and an artificial cell  
5 membrane containing water or oil. The disposable soundproofing sheet is irregularly crumpled at the center thereof to form a crumpled part (18) and the crumpled part is inserted in a depression of an auricle while wholly covering an ear, thereby shielding the user's ears from unpleasant noises while allowing the user to hear attenuated sounds and protecting the user from earaches caused by  
10 the insertion of the ear plug into an external auditory canal of the ear, and preventing discomfort from the sense of an alien substance embedded in the ear. Furthermore, the degree of noise attenuation is controlled by adjusting the crumpling of the soundproofing sheet.